

The Voice of the Keweenaw Co-op Market & Deli

Circumspice

HANCOCK, MICHIGAN

SPRING 2010

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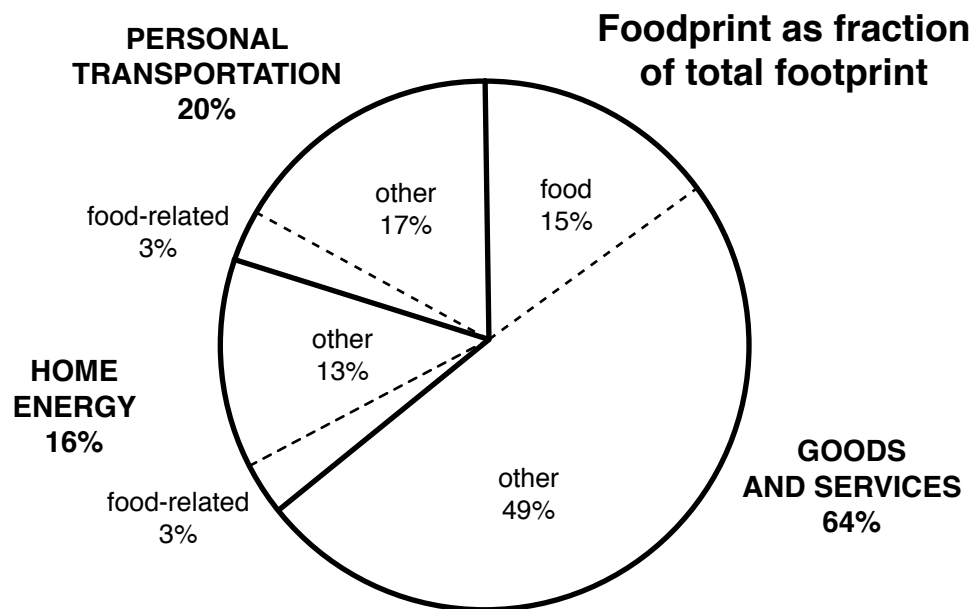
kir-`kum-spi-ke

The name Circumspice, Latin for look around, was inspired by Michigan's state motto—*Si Quaeris Peninsulam Amoenam Circumspice*. Which means, "If you seek a pleasant peninsula, look around." The motto originally appeared on the Great Seal in 1835 designed by Lewis Cass.

The American Carbon "Foodprint"

Our food's impact on climate change

an excerpt from a study by Brighter Planet, Inc.



Food-related emissions comprise 21% of total emissions, or 6.1 tons out of 28.6 tons per person per year. 15% of personal transportation relates to food, as does 20% of housing energy use, while 23% of the emissions from all other activity are food-related.

America is starting to wake up to the realization that the food we eat is unhealthy for us and for the environment. The modern food system is complex and its impacts are far-reaching. The greater the gulf that separates us from the life cycle of the food we eat, and the more that food is treated as nothing more than a commodity, the greater the consequences. Fortunately, at a time when our food system is straining the sustainability of our planet, we're also seeing a flourishing of examples proving the successes of eating sustainably.

The beautiful thing about food is that the solutions aren't trade offs, they're commonalities. The same approaches that reduce our food's impact on the earth's future climate will also enrich the vitality of our local communities. The same approaches that improve our

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Circumspice

1035 Ethel Avenue
Hancock, MI • 49930
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www.keweenaw.coop

STORE HOURS

Mon-Sat 10am-8pm
Sunday 10am-5pm

DELI HOURS

Mon-Sat 10am-7pm
Sunday 10am-4pm

The Circumspice newsletter is published four times a year for the members and customers of Keweenaw Co-op. The newsletter is published to provide information about the Keweenaw Co-op, the cooperative movement, food, nutrition, and community issues. Views and opinions expressed in this newsletter do not necessarily reflect those of the Co-op management, board, or members. The next deadline for submissions is June 1st. Refer submissions and questions to faye@keweenaw.coop.

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General Assist: Barb Hardy
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Organizational Ends

by Diane Miller — Vice-President

We've heard it before: It's more than just a store. Over the past several years that we've been asking, we've been hearing from our Members—now Member-Owners—that you value more than just particular products. In addition to the products, some of which are difficult to find elsewhere and some of which represent our concern for the environment and support for local farmers, people have told us that they look to the Co-op for information and skills as they raise their families using a set of values that may not be widely nourished, especially by the corporate culture that surrounds us.

The Board used this information to develop our organizational Ends (which functions like a mission statement). According to our Ends, Keweenaw Cooperative Incorporated provides:

a reliable source of quality goods and services to sustain a healthy community

a center for proactive socioeconomic, environmental, and health benefits

a forum for the development and transfer of values and skills within the community

On March 25 when we get together for our Annual Meeting, there will be an opportunity to further contribute your thoughts about how you would like to see the Co-op meeting these Ends. As part of the meeting's business, there will be an activity that asks you to share what you have been thinking about: what you would like your co-op to consider "quality goods", or what kinds of action you feel it is appropriate to support, or what kind of knowledge and skills you are most eager to learn or share, for example. **The Board looks forward to seeing all of the new Member-Owners on March 25th. ::**



Coffee — Curt Webb

Peace Coffee - Pollinator Blend

Just in time for Spring, another smooth seasonal blend from Peace Coffee. Pollinator Blend is a medium-bodied brew. It blends notes of caramel with a brisk, black tea-like flavor, hints of chocolate, and a crisp finish. It's fair trade and organic, too!

From the Board

by Roger Woods — President



Honoring the Past... Looking to the Future

In many ways things are still the same—same great employees, great product selection, great Deli, and great customers. The feel and the core of the Keweenaw Co-op hasn't changed, it is still a wonderful place to shop and learn about making conscious decisions about your food and lifestyle. What has changed is the financial and organizational strength of the Co-op. The number of Member-Owners and owner investment continues to increase with every week.

Speaking of "member-owners", the phrase itself has been a topic of discussion amongst the Board over the last couple months. We went from being just "members" under the old corporate structure to "owners" in the new corporate structure. So what do we call you, the people and families that make up the Co-op? You were a member of an organization, but now you are an owner of a business. A seemingly small issue to contemplate, but you are the reason we exist as a Co-op and as a Board, so it is very important to be clear in Co-op policies and publications. We researched how other Co-ops use the term, discussed it via email, and at our Board meetings. Member refers to the traditional participation in elections and organizational business. Owner is the financial participation that is new to our Co-op. We decided that we needed to recognize both, hence, Member-Owners.

With that issue out of the way, where do we go from here? The change in organization enables us to pursue many different directions. The organizational change was not about relocation, but is that the next step? It is up to you as a Member-Owner to inform us of what is next. We will ask that question of Co-op Member-Owners at the Annual Meeting on March 25th, but that won't be the end of the question. The Board is going to have their annual retreat at the end of April and we want to hear from as many Member-Owners as possible by then, where do you want us to go now? ::

...where do we go from here?



Cheese — Daniel Krueger

Sarazin Enterprises Juustoa

Juustoa, a traditional Finnish cheese made in Bootjack, Michigan from extra-fresh unhomogenized whole milk. Moist and squeaky, just like dad used to bake. Dunk it in yer coffee or whatever. Family owned and operated for 25 years.

board of directors

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Term ending 2011

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Term ending 2010

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The American Carbon "Foodprint" continued from front page...

children's health will also help ensure the viability of our family farms. Our communities, our bodies, our environment, and our spirits are woven pieces of the same fabric, and their health is shared.

Sustainable eating is central to a sustainable future. Changing the way that we eat is a meaningful way to address the problems of our age, including the pressing challenge of climate change, which itself threatens our ability to feed ourselves. Each of us can make changes to eat more sustainably.

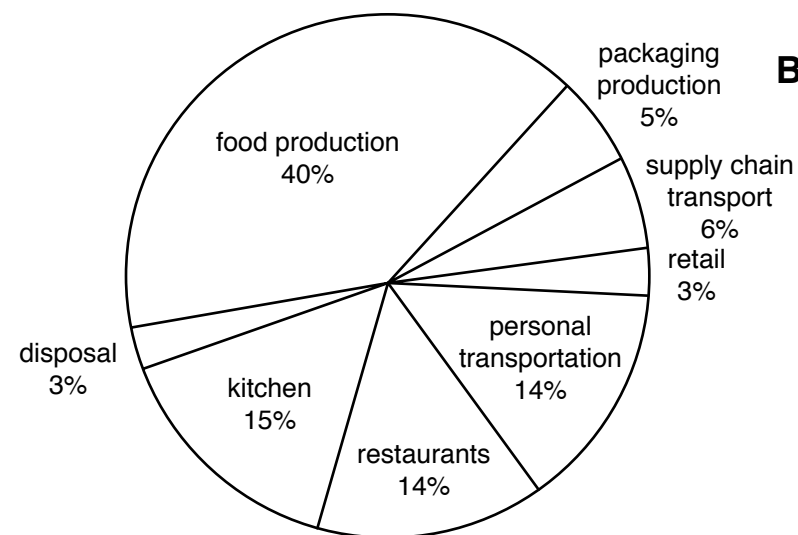
Your carbon "foodprint" is the portion of your total carbon footprint that relates to food—it's the combined impact on climate change of everything that goes into making your meals possible, from cultivation and processing to transportation and cooking.

The average American is responsible for about 28.5 tons of carbon dioxide emissions every year, of

which 20 percent, or 6.1 tons, is related to food. That's greater than the impact of all their driving and flying habits combined. This might be surprising, given that public discussions of carbon emissions focus heavily on transportation while discussions about the impacts of food are typically centered around non-climate issues. But what it means is that individually and collectively, there is huge opportunity to reduce our climate impact by changing how we eat.

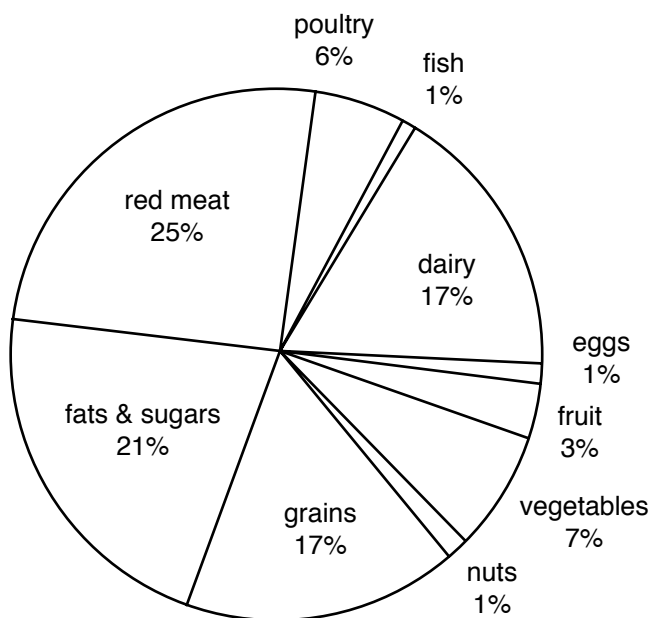
Eating to fight climate change is within reach for all of us, but it requires a carefully revised approach, even for those already accustomed to thinking about the social and environmental impacts of their diets. Local and organic foods may or may not be good indicators of low climate impact, although they do support the health of our communities, our planet, and our bodies. When it comes to climate change, a stronger

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Breakdown by Lifecycle Phase

54% of food-related emissions are released in the supply chain upstream of the consumption point. A further 14% come from personal transport to grocery stores and restaurants, while 29% are released during the cooking and serving process in restaurants and home kitchens. The final 3% released downstream via decomposition in the landfill.



Breakdown by food group

A quarter of the average American's foodprint derives from red meat, with another quarter coming from other animal products. Plant foods make up the remaining half, of which the majority result from grains, fats, and sugars. This emissions breakdown differs markedly from caloric breakdown, however – for example, red meat makes up only 11% of calories despite causing 25% of emissions.

From the GM

by Curt Webb — General Manager



That was a wild ride! The turn of the year meant some big changes for our Co-op. There were lots of questions, lots of unknowns. But in two quick months the picture is coming into focus and things look bright.

Question number one: Will they join and when? Member-Owner numbers continue to climb. We're nearing 400 shares sold. While the rate has tapered off since the initial rush, in February we still averaged 18 memberships per week. We've also welcomed 20 first-time Member-Owners since the turn of the year.

How many member-owner shares will we sell? This answer is more of an educated guess. Think about it this way: Of the 1009 reincorporation ballots we sent out 693 were returned. 644 of these were in support of the proposed changes. Of course we can't count on every "yes" vote to equate with a member-owner share, but that's a starting point. If 75% of those folks purchase a share, plus a few new faces, that comes to 500. That's where I believe we'll begin to taper off.

The Board worked to make it possible for everyone to join. Payment plans range from one-time to ten-year. We wondered where the trend would fall among these options. To date an overwhelming majority chose to pay in full.

One reason we took on the task of this reorganiza-

tion was to increase member-owner investment in the co-operative, or member equity. The shares we have sold to date represent greater owner investment in the business than our Co-op achieved in all of our first 36 years combined.

Sales have been strong. We questioned whether those who opted not to buy a new share in the Co-op would continue to patronize our store. These were unfounded fears. January sales were up 6.5% over 2009, and February saw a strong 11.5% increase.

Last year member purchases represented just over 60% of the Co-op's sales. After the reincorporation that number leaned in the other direction. January rang in 40% of sales to members. As more members purchase shares we're approaching 50/50. The simple benchmark we're shooting for now is greater than 50% of sales to Member-Owners, and the more the better.

Of course these are all just numbers, and our mission is about so much more than numbers. But, they are an important indicator of the health of the business. They translate into a strong member-owned, community-focused enterprise with the ability to look to the future and evolve to meet your needs. ::

continued from page 4...

focus on your meal's life cycle energy use is the key to a smaller footprint.

Whatever your current carbon footprint, following these seven basic rules will get you on the fast track to a climate-friendly diet.

- Eat fewer animals and more plants
- Buy unprocessed foods with less packaging
- Grow and harvest your own food
- Minimize car trips to restaurants and stores
- Cook at home more and eat out less
- Cook with efficient appliances and techniques
- Compost, recycle, and relish leftovers

These actions also have benefits well beyond fighting climate change. Reducing your foodprint stands to improve environmental and social conditions in near and distant places touched by our food system. It also stands to increase your quality of life, by saving time and money, improving healthiness and tastiness of your diet, and building community connections.

For more details on food-related carbon emissions, see Brighter Planet's white paper credited below. ::

The Brighter Planet study was researched and written by Matthew Kling and Ian Hough (2010). "The American Carbon Footprint: Understanding your food's impact on climate change," Brighter Planet, Inc. <http://brighterplanet.com>.



New Member-Owners*

from January 1 - March 1

(*only one name per household is listed)

Jessica Alger	Don Carli	Jill Fisher	Gretchen Hein
Margaret Allen	Rima Carlson	Judy Foster	Heather Heinz
Christine Alquist	Betty Carmichael	Felix Fournier	Hanne Hellawell
Barbara Anderson	John Carpenter	Bill Francis	Peg Hertel
Jean Andrew Anderson	Nathan Carpenter	Molly Franks	Marena Higgins
Lios Anderson	Faye Carr	Phyllis Friendendall	Patricia Hill
Regan Antila	Joan Schumaker-	Haley Fredrickson	Mary Hindelang
Quincy Higgins Arney	Chadde	Sarah Freitag	Cynthia Hodur
Kelly Arrola	Glen Caput	Derek Freridge	Corrie Hohly
Arlyn Aronson	Rose Chivses	Michael Gage	Betty Holmbo
Nancy Auer	Judy Chizek	Tammy Gajewski	Lori Mills Honrath
Cathy Banfield	Kathleen Chynoweth	Robert Gardner	Nicholas Hopman
Richard Barclay	Julie Crowl	Marcee Garland	Katherine Horvath
Margaret Basham	Laura Crowley	Nancy Gatta	Pat Hughes
Darlene Basto	Lisa Cunningham	Crissy Gerhart	Margo Hutchins
Dallas Bates	Brian Cygan	Ruth Gill	Dante Iacovoni
Pam Beal	Becky D'Agostino	Molli Glowacki	Page Isaksson
Sandra Beauchamp	Cynthia Daavettila	Jeremy Goldman	Christine Ivory
Jennifer Becker	Sarah Dandele	Marcia Goodrich	Charles Janovsky
Linda Belote	Stephen J. Danis	Raman Goplan	Josh Jenson
Anitra Bennett	Evan David	Ed Gray	Mark Jindrich
Karen Berg	Chris Davis	Jay Green	Adam Johnson
Christine Bier	Robert Dawson	Kim Green	Karen Johnson
Julie Blair	Bob Dekema	Edith Greene	Rene Johnson
Diana Bohm	Kathleen DeLisle	Adam Griffis	Kevyn Juneau
Margi Boissevain	Jane DeMartini	Nancy Grimm	Lisa Kahnke
Gregory Booth	Heidi Depuydt	Jill Haas	Karen Kaipio-Codere
Robert Botkins	Susan Dlutkowski	Julie Haataja	Jill Kalcich
Andrea Bourne	Derek Dougovito	Ronald Haataja	Evan Kane
Susanne Boxer	Cynthia May Drake	Bonnie Hafeman	Alayne Kangas
Kristine Bradof	Kathy Drue	Anne Hagenbuch	Wesley Kangas
Mark Bresky	Louise Dyble	John Hamilton	Steven Karpiak
Julie Brimm	Jack Eberhard	Amy Hamlin	Frank Kastelic
Eric Brown	Ross Eberlein	Robert Handler	Denina Kaunonen
Laura Billeit	Peter Ekstrom	Barb Hardy	Norman Kendall
Susan Burack	Marty Faassen	Marilee Harrison	Laurie Kiiskila
Hester Butler	Pete Fenton	Naomi Haycock	Sue Ellen Kingsley
Jenny Butler	Kimberly Fergan	David Heikinen	Joe Kirkish
Daniel Butler-Ehle	Amy Jo Ficher	Beverly Heikkinen	Kraig Klungness
C. Campbell-Olszewski	Deb Filer	Paulette Heikkinen	Ansley Knoch

Frederick Kolb	Janet Metsa	Susan Roberts	Guy Tober
Bernard Koskiniemi	Elizabeth Meyer	Susan Rokicki	Rebecca Tober
Jill Koskiniemi	Lisa Meyer	Hannah Rooks	Angela Tomasi
Lilliana Kostinski	Carolyn Michaelson	Bill Rose	Aaron Tragos
Mark Kotajarvi	Diane Miller	Carol Rose	Rachel Trevino
Ken Kraft	Elizabeth Miller	John Rosemurgy	Dawn Tuovila
Daniel Krueger	Owen Mills	Thomas Rosemurgy	Brenda Turunen
Carrie Krueger-Sackett	Tammy Miskivich	Jodi Rossi	Jo Urion
Ray Krumm	Donald Mitchell	Elizabeth Rossini	Tim Usimaki
Richard Krznarich	Jason Mittlestat	Lisa Rouleau	Vicki Usitalo
Mary LaCourt	Terry Monson	Jane Rowe	Sandy Usitalo
Kay Lang	Matthew Monte	Karen Rumisek	Colleen Vallad-Hix
William Leder	Dennis Moore	Scott Rutherford	Suzanne Van Dam
Erik Lee	Larry Moore	Ruth Ryyananen	Christine van Domelen
William Leonard	Michelle Morgan	Carol Salmi	Pat Van Dusen
John Levanen	Joanne Moros	Kathe Salmi	Patricia Van Pelt
Sharon Levine	Sydney Morris	Don Salo	Wendy Van Valkenburg
Diego Levy	Linda Nagel	Mark Salo	Craig Vickstrom
Sandy Lewin	Buddy Nahan	Sandra Sandoval	Jessica Voght
James Lewis	Barbara Nelson	Tanja Sanjidak	Marilyn Vogler
Patty Lins	Mark Nettell	John Sanregret	Leah Vucetich
Audrey Liston	Eric Nielsen	Karena Schmidt	Susan Waisanen
Dawn Locke	Elaine Oja	Melissa Schneiderhan	Kay Waite
John Longbucco	Kenneth Olkkonen	Tiffany Schwarz	Christa Walck
Patricia Loonsfoot	Peg Olson	Susan Serafini	David Walls
Kelly Luck	Ren Olson	Heather Sewell	Patricia Walters
Christa Luokkala	Shawn Oppliger	Marge Shannette	PeriAnn Wasie
Gina Lyke	Blair Orr	Ray Sharp	Don Watson
Peggy Maatta	Robin Oye	Constance Sherry	Curtis Webb
Robert MacFarlane	Ann Pace	Victoria Shields	Stephen Webber
Katie Maki	Meghan Pachmayer	David Shonnard	Mary Webster
Jackie Manchester	Jeff Parker	Scott Shoup	Viki Weglarz
Bob Marr	Charmaine Parsons	Lani Siirtola	Heather Wright Wendel
Brenda Martilla	Caroline Penny	Jennifer Slack	Bill Wertenberger
Holly Martin	Judith Perlinger	St. John Society	John Westeninen
Mies Martin	Anne Peterson	Rachel Sommer	Rhianna Williams
Fred Mattson	Patricia Peterson	Melanie Sommerfeldt	Mike Wilmers
Beverly Maynard	Joan Petrelius	Dennis Sotala	Rex Wilson
Claudio Mazzoleni	James Pizarro	Jim Spence	Marcie Wittla-Melvig
Cory McDonald	Amanda Plummer	Mark Stewart	Chris Wojick
Suzanne McDonough	Jason Poll	Dennis Stratton	Teresa Woods
Barbara McLean	Kelly Probst	Ron Stricckland	Greg Wright
Jean McParlan	Jennifer Ashby Pugh	Joan Suits	Bernadette Yeoman-
Barbara McTaggart	Chip Ransom	Susan Sullivan	Ouellette
David Mendelin	Amanda Reed	Mark Summersett	Margaret Ylitalo
Kim Menzel	Nancy Regis	David Sundberg	Charles Young
Geralyn Merkey	Jack Reiss	Amy Thyer	Christine Young
Peter Method	Sigrid Resh	Oren Tikkanen	

Practical Wellness

Think "Green" When You Clean

by Drs. Kemmy Taylor and Mischa Doman

Spring is just around the corner, bringing with it warmer weather, Spring flowers and, for many of us, the first chance to open our windows in months. Spring is also the "best time to rid your house of dirt and clutter," according to 60 percent of Americans surveyed by The Soap and Detergent Association. Spring cleaning is supposed to be a ritual of purging the accumulated dirt, germs, and odor from a winter-weary home to create a clean and healthy living space. Unfortunately, the often caustic and toxic ingredients used in most conventional cleaning products can be just as harmful as the dirt and germs they are meant to eliminate.

If you are one of the millions of consumers who tend to think anything sold must be safe, think again. Since WWII more than 80,000 synthetic chemicals have been invented. Most have been created from petroleum and coal tar for the purposes of chemical warfare. The sad thing is that hardly any of these substances have been tested for safety, but have been added to our food, water and cleaning products without our consent and most often without informing us of any dangers. There is a lot of intentional suppression in this industry that adds approximately 1000 new chemicals each year.

According to the National Research Council, "no toxic information is available for more than 80% of the chemicals in everyday-use products. Less than 20% have been tested for acute effects and less than 10% have been tested for chronic, reproductive or mutagenic effects." Most have not been tested for combined or accumulated effects, nor for their effects on unborn children. Here are some interesting facts you may not be aware of:

- According to the U.S Poison Control Centers, "A child is accidentally poisoned every 30 seconds and more than 50% of all poisonings occur at home with children under 5 years of age."



At the Co-op...
100% pure essential oils including a line of Certified Organic. Over 35 scents.

- Each year more than 50 million Americans suffer from allergic diseases. Allergies are the sixth leading cause of chronic disease in the US, costing the health care system \$18 billion annually. The prevalence of allergic rhinitis (inflamed nasal membranes) has increased substantially over the past 15 years.
- Cleaning ingredients vary in the type of health hazard they pose. Some cause acute, or immediate, hazards such as skin or respiratory irritation, watery eyes, or chemical burns, while others are associated with chronic, or long-term, effects such as cancer. The most acutely dangerous chemical cleaning products are corrosive drain cleaners, oven cleaners, and acidic toilet bowl cleaners, according to Philip Dickey of the Washington Toxics Coalition.
- Fragrances added to many cleaners, most notably laundry detergents and fabric softeners, may cause acute effects such as respiratory irritation, headache, sneezing, and watery eyes in sensitive individuals or allergy and asthma sufferers. The National Institute of Occupational Safety and Health has found that one-third of the substances used in the fragrance industry are toxic. But because the chemical formulas of fragrances are considered trade secrets, companies aren't required to list their ingredients but merely label them as containing "fragrance."
- The National Cancer Association released results of a 15 year study concluded that women who work in the home are at a 54% higher risk of developing cancer than women who work outside the home.



At the Co-op...
It's Easy Being Green: A Handbook for Earth-Friendly Living, by Crissy Trask



At the Co-op...
Home Enlightenment: Create a Nurturing, Healthy, and Toxin-Free Home, by Annie B. Bond



At the Coop...
E-cloth dusting cloths. Positively charged to attract and lock in dust.

What can you do to protect you and your loved ones? First of all, educate yourself, and find safer alternatives as much as possible. The only sure way to know what is in the cleaning product you are using is to make it yourself. Whether you're shopping for prepared natural cleaning solutions or making your own, keep in mind that the word "aromatherapy" is now being applied to everything scented—from dishwashing liquid to laundry detergent. The true practice of aromatherapy relies on using pure essential oils extracted from plants. According to Tom Havran, aromatherapy product developer at Aura Cacia, "These natural plant essences nurture us on mental, emotional, physical and even spiritual levels." He adds, "While house cleaning isn't exactly a spiritual exercise, adding the effects and properties of essential oils to your homemade household products can enhance the experience and the effectiveness of your task."

Essential oils have potent antimicrobial effects along with their clean, pleasant natural aromas. Here are a few "classic" homecare essential oils suggested by Mr. Havran: lemon (clean, sweet, uplifting scent; deodorizing), peppermint (minty, fresh; air purifier; mild pest repellent), and eucalyptus and tea tree (air and surface sanitizers; fresh, therapeutic aromas).

If you unable to completely eliminate potentially harmful chemicals, it is wise to at least minimize the use of these harsh chemicals. When cleaning with these harsh chemicals, be sure to open the windows for as long as possible and be sure to clean spills and stains immediately.

If you wish to buy green cleaning products, there is a diverse selection available online and also right at your local co-op. Companies such as Seventh Generation offer anything from safe, effective cleaning products to dye-free baby diapers. By definition, we clean our homes to reduce damage or harm to human and pet health, and to protect our valued possessions. Let's not make the solution worse than the problem! ::

Make Your Own Homecare Products

Basic Spray Cleaner

2 cups water
1/2 teaspoon sodium borate
1/4 teaspoon liquid soap
36 drops essential oil

...

Gentle Scouring Cream

1/2 cup baking soda
liquid soap
18 drops essential oil

Add essential oils to baking soda and blend. Next, incorporate the liquid soap, several drops at a time, until a creamy paste forms.

...

Window Cleaner

2 cups water
3 tablespoons vinegar
1/4 teaspoon liquid soap
36 drops essential oil

...

Wooden Furniture Polishing Oil

3 tablespoons vinegar
1/2 teaspoon jojoba oil
10 drops lemon essential oil

...

Carpet Deodorizing Powder

1 cup baking soda
18 drops essential oil

...

Carpet Cleaner

1 cup baking soda
1 teaspoon liquid soap
18 drops essential oil

At this year's Annual Party...



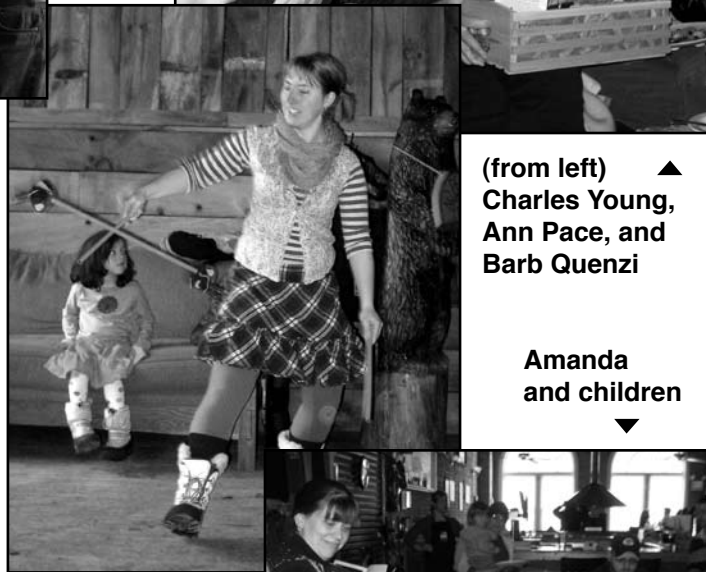
▲ Melissa Davis



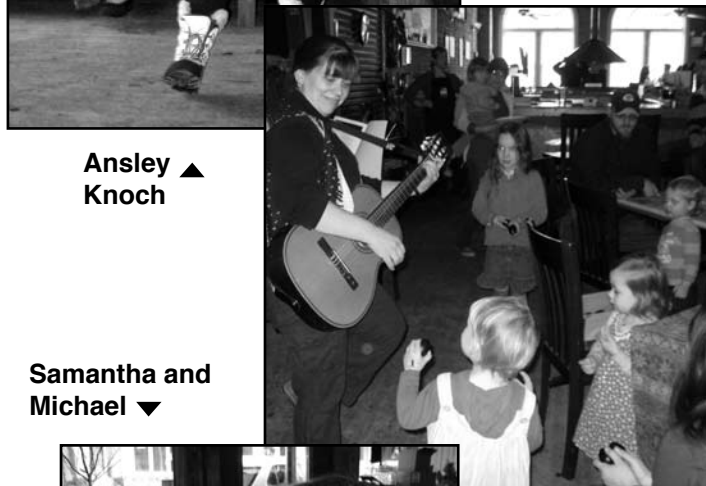
▲ (from left) SueEllen, Phyllis, and Norm of Rhythm 203



▲ (from left) Charles Young, Ann Pace, and Barb Quenzi



▼ Amanda and children



▼ Samantha and Michael



co-op class

Classes, workshops, and demonstrations are open to everyone. Unless indicated otherwise, all events take place in the Community Room on the second floor of the Co-op. If you need assistance with the stairs please contact Faye Carr at the Co-op (906-482-2030). Sign up at the Co-op.

Herbal Home Remedies

Using local medicinal herbs

Saturday, April 3

2:00 pm - 4:00 pm

Owners: \$15 + \$5 Materials Fee

General Public: \$20 + \$5 Materials Fee

Instructor: Andrea Corpolongo-Smith

Participants in this class will learn how to collect and prepare herbs used to treat everyday ailments such as sprains, burns, cuts, UTI's and sore throats. Five easy to gather locally abundant plants will be covered, including yarrow, St. Johns wort, white pine, usnea, and uva ursi. Chamomile will also be discussed. Handouts including photographs and detailed information describing the uses and preparation of each herb will be provided. Samples of all the herbs discussed will be available.

A Guide to Plastics

A classification number is usually imprinted on the bottom of your container. You'll see a recycling triangle with the number in the middle. Here's what each number means:



#1: polyethylene terephthalate (PET / PETE)

Product examples: Disposable soft drink bottles, disposable water bottles, cough-syrup bottles
Comments: #1 products are fine for single use and are widely accepted by municipal recyclers. You won't find many reusable containers made from #1, but they do exist. Avoid reusing these #1 plastic bottles as they are porous and absorb flavors and bacteria that you can't get rid of.



#2 high density polyethylene (HDPE)

Product examples: Toys, milk jugs, liquid detergent bottles, shampoo and cream rinse bottles
Comments: One of the healthiest. It transmits no known chemicals into your food and is generally recyclable; #2 is very commonly accepted by municipal recycling programs



#3 polyvinyl chloride (V or PVC)

Product examples: Meat wrap, cooking oil bottles, plumbing pipes
Comments: Avoid use. PVC is used frequently in cling wraps for meat. However, PVC also contains phthalates that interfere with hormonal development, and its manufacture and incineration release dioxin, a potent carcinogen and hormone disruptor. Vinyl chloride, the primary building block of PVC, is a known human carcinogen that also poses a threat to workers during manufacture.



#4 low density polyethylene (LDPE)

Product examples: Cling wrap, grocery bags, sandwich bags
Comments: One of the safest, transmitting no known chemicals into your food. May have a difficult time finding someone to recycle #4 containers.



#5 polypropylene (PP)

Product examples: Syrup bottles, yogurt containers, diapers
Comments: One of the safest, transmitting no known chemicals into your food. May have a difficult time finding someone to recycle #5 containers.



#6 polystyrene (PS)

Product examples: Disposable coffee cups, clam-shell (Chinese food) take-out containers
Comments: Avoid use. Extruded polystyrene (#6 PS; commonly known as Styrofoam) is used in take-out containers and cups, and non-extruded PS is used in clear disposable takeout containers, disposable plastic cutlery and cups. Both forms of PS can leach styrene into food. Styrene is a possible human carcinogen and may also disrupt hormones or affect reproduction.



#7 other (misc.; usually polycarbonate (PC), but also polylactide (PLA) plastics made from renewable resources)

Product examples: Baby bottles, water cooler bottles, stain-resistant food-storage containers, sports bottles, tin cans, medical storage containers
Comments: #7 PC can be found in the above and is used in the epoxy linings of tin soda and food cans. PC is composed of bisphenol A, which has been linked to a wide variety of problems such as cancer and obesity. Look for #7s marked BPA-FREE or PLA. PLA (polylactide) plastics are made from renewable resources such as corn, potatoes and sugar cane and anything else with a high starch content. The starch is converted into polylactide acid (PLA). You cannot recycle these plant-based plastics, but you can compost them. Most decompose in about twelve days unlike conventional plastic, which can take up to 100 years.

Originally printed as "A Guide to Plastics", Twin Cities...naturally, September 2008, page 24, http://pdf.slowr.com/tcnaturally/mag_200809.pdf



Keweenaw Co-op
Natural Foods Market & Deli
1035 Ethel Avenue
Hancock, MI 49930
www.keweenaw.coop

PRESORTED STD
U.S. Postage
PAID
Houghton, MI
Permit No. 9

Change Service Requested



Member-Owners Anne & Lake Peterson

2010 Keweenaw Co-op Annual Meeting

Thursday, March 25
5:00-8:00 pm (Dinner at 5:00)
Call to Order at 6:00

First United Methodist Church
401 Quincy Street • Hancock

Specially prepared food from the Co-op Deli • Childcare provided



If you have any historical pictures, memories, and memorabilia of the Co-op bring them with you to share.

Note: The 2009 Annual Report will be available in the store and online at www.keweenaw.coop.